



**Get Ready, Earthquake Preparedness week is next week!**

# Chalon Student News

Issue 4

**Do This!**

Everything that's going on at the Mount . . .

Student Affairs still needs Work Study Students!

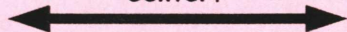
Stop by H200 for more information, ask for Jason

Attention all Seniors!

Come sign up for your senior portraits in the Student Affairs Office, the dates will be Oct. 7 and 8.

Remember your first five poses are free!

All underclassmen, your sitting fee is also free, all you have to do is show up on the 9th of Oct. at the Campus Center.



Do you have an event that you want here? contact Jason @954-4131 or jtoney@msmc.la.edu

## "Mexicanos, Viva Mexico!"

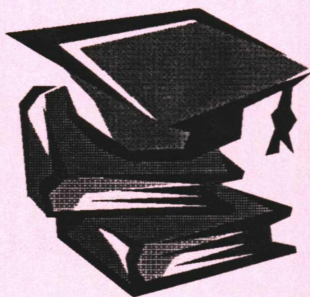
Father Miguel Hidalgo's cry of dolores on September 16, 1810 called the natives of Mexico to action. With clubs, slings, axes, knives, machetes and intense hatred, the natives took on the challenge of the Spanish artillery. This movement marked the catalyst for the country's bloody struggle for independence from Spain.



All submissions go to jtoney@msmc.la.edu or stop by H200, Student Affairs

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# Academic Arena

## CHANGE IN CRITERIA FOR GRADUATING WITH HONORS

In December, 1996 the faculty Assembly approved the following change in the criteria for graduating with honors. This change was required by the College's change of policy with regard to transfer units adopted as of November, 1995. This criteria becomes effective as of the 1997-1998 Academic Year.

*The College's criteria for eligibility to graduate with honors will be determined by a student's overall GPA based on all transferable units completed prior to admission to Mount St. Mary's College and on all MSMC units earned by the end of Fall semester of the Student's anticipated graduation year. To be eligible for consideration, a student must have completed 45 letter-graded units at Mount St. Mary's College. Courses completed at another institution(s), after matriculation at MSMC, (summer school/concurrent enrollment) are not counted into the cumulative grade point average, with the exception of approved study abroad and exchange programs.*

For More Info contact Agnes Zelus @ 954-4017

## Get Your Dream Job Now!

### Resume Tune Up

Are you planning on attending the USC Career Fair? Do you want your resume to look good? Or are you preparing for an interview, internship, or job search?

If the answer is yes to any of these questions, then attend AAF's resume workshop on Wednesday, Sept. 17 at 6:30pm in H403

Monica Lond from Career Planning will help make your resume look it's best. Bring your current resume if possible. Give yourself the advantage over the competition.

## Horizon's Day Schedule

*Lunch and the interactive Exposition will begin at 11:30 am on Wednesday, September 24th in both the Art gallery and campus center. The 20-minute sessions will start promptly at:*

*11:30 am, 12 Noon, 12:30 pm*

**September 16th is  
Mexican Independence Day  
Come Celebrate with LATINAS UNIDAS  
and Kick off Latina/o Heritage Month**

*Come to the Circle @ 5pm for Food, Music and Fun*



## ATTENTION HONORS STUDENTS!

Seniors or Juniors (especially those in education) who are interested in the possibility of completing an Honors Certificate by writing a Senior Honors Thesis must contact Dr. Michele Dumont as soon as possible. Come to H327 or call (310) 954-4181. Even if you are not sure or have not taken many honors courses come by and talk about the possibility of doing a thesis.

New Students who have a 3.4 cumulative GPA are eligible to take Honors Courses. See your advisor or Dr. Michele Dumont if you would like to take Honors Courses.

With the approval of the Honors Committee and the support of faculty, any Honors Student may take regular courses for Honors Credit. Just fill out an Honors Contract with your instructor and get it approved by the last day to add classes. Honors Contracts are in the registrar's office and on the bulletin board outside H327



# ACTIVITY CENTER

## ASSOCIATED STUDENT BODY 1997-98

Pamela Monzon  
Donalyn Lorenzo  
Hazel Perez  
Michele Nguyen  
Anna Intharathut

Lillianne Legra  
Cristina Solis  
Monique Heredia  
Alison Seid  
Regina Bills  
Shelli Branscomb  
Kimberly Fine  
Suzanne Martin  
Sara Edwards

Daisy Mah  
Laura Batres  
Charlotte Ruiz  
Kristina Nowitzki  
Narleen Narciso  
Elena Miranda  
Sharain Khalil  
Jessica dietch  
Ete Anderson, Director of  
Student Activities

President  
Vice President for Senate  
Vice President for SAC  
Chair of Finance  
Chair of InterClub Council

Senior Senator  
Senior Senator  
Junior Senator  
Junior Senator  
Sophomore Senator  
Freshmen Senator  
Freshmen Senator  
Commuter Senator  
Commuter Senator

Athenians Against Apathy  
Cultural Celebrations  
Dance  
Films  
Formals  
Mount Events  
Service  
Multicultural Night Chair  
Advisor

### I.S.A.E!

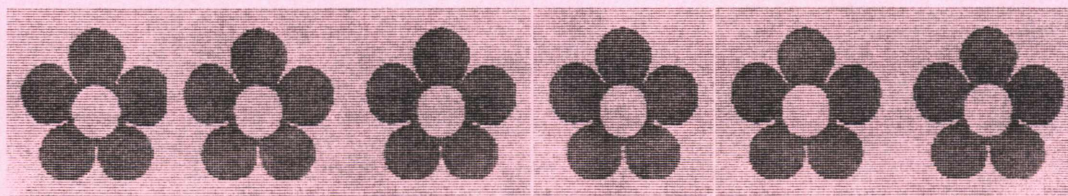
ISAE members are invited to attend a performance of the famous Italian opera, *La Boheme*.

**Wednesday,  
September  
24, 1997  
Dorothy  
Chandler  
Pavillon**

Buses will depart Chalon at 5:30 from the Circle and depart Doheny at 6:00 pm from the shuttle stop.

**SIGN UP: In  
ISAE office  
ASAP! First  
Come - First  
Served!!**

If you AREN'T a member of ISAE (Institute for Student Academic Enrichment), but would like to be, come by the ISAE Office for an application. ISAE Offices are located in the Learning Center in the Bonanza Building on the Chalon campus and in Building 7 on the Doheny campus.





# CELEBRATE INDEPENDENCE DAY

ON SEPTEMBER 15 THE FOLLOWING  
COUNTRIES CELEBRATE  
THEIR INDEPENDENCE:

EL SALVADOR  
GUATEMALA  
COSTA RICA  
HONDURAS  
NICARAGUA

“YOU MUST KNOW THE STORY OF YOUR CULTURE  
AND BE PROUD OF YOUR ANCESTORS”  
ROMANA BANUELOS

## Be a Leader!

*Do Something New Today!*

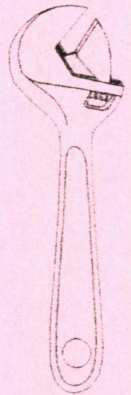
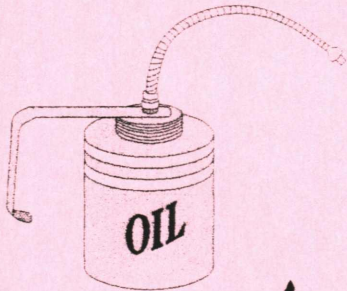
That time of the year has arrived- time to complete and submit your **WIN** application. The **Women's Internship Network** is a mentoring program which matches college women with professional women working in the field of public policy. The internship is open to Sophomores, Juniors, and Seniors on both the Chalon and Doheny campuses. The program is co-sponsored with the Junior League of Los Angeles, and a great way to build your awareness of what public policy is as well as meet women who are key players in this field. Interested in participating?? Then come down to our first **information session** on September 17 at 7:00pm in the President's Conference Room. The **information session** will include past MSMC WIN participants, Junior League committee members, and graduate students involved with public policy who will field application questions and tell you about their experiences. Areas of interest range from health and education to law and business. Come and see how public policy can and is a part of your life. To pick up an application prior to the **information session**, please drop by the Leadership Office located in Brady Patio near the Mail Room.



# RESUME TUNE-UP

A RESUME WORKSHOP SPONSORED BY AAF

NOW IS THE TIME TO TUNE-UP YOUR RESUME, ESPECIALLY IF YOU'RE PLANNING ON ATTENDING THE USC CAREER FAIR, PREPARING FOR AN INTERVIEW, OR CONDUCTING AN INTERNSHIP SEARCH.



WED., SEPT. 17  
6:30 PM IN H403

MONICA LOND FROM CAREER PLANNING  
WILL HELP ALL OF US PRESENT OUR BEST SIDE.  
BRING YOUR CURRENT RESUME IF POSSIBLE.

**RHA**

Approved









**Are you keeping the Earth Well?  
Reduce, Reuse, Recycle!**

Archives  
MSMG

# Chalon Student News

Issue 5

September 26, 1997

**Do  
This!**

Everything that's going  
on at the Mount . . .

9/27/97

STAR.....12:30  
Campus Center  
Leadership Program

9/30/97

Senior Class Mtg .....9:15a  
Lecture Hall (also @ 11:20a)  
ASB

Bake Sale .....11:30

Little Theater Foyer  
Alpha Tau Delta

10/1/97

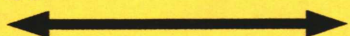
Bake Sale .....10:30  
Little Theater Foyer  
Alpha Tau Delta

Rummage Sale .....10am

Circle  
IROC

Freshman Class Mtg...8pm

Campus Center  
ASB



Do you have an event that  
you want here? contact

Jason @954-4131

or

jtoney@msmc.la.edu

## Ways You Can Reduce Waste:

- ⇒ Shop carefully and buy only what you need. All too often we purchase products that we don't really need and never end up using. Americans throw away one-third of the food they buy in grocery stores.
- ⇒ Don't use a bag if you're buying one item or if you will be consuming or using the item as soon as you leave the store.
- ⇒ Buy non-perishable products in large quantities or in bulk. One large container creates less garbage than several smaller ones.
- ⇒ Reduce the amount of junk mail you receive.
- ⇒ Use reusable containers with lids instead of aluminum foil, plastic bags, or plastic wrap.
- ⇒ Say "NO" to items you're not going to use. If you don't need napkins, straws, plastic utensils or condiments, leave them behind at the restaurant or store.
- ⇒ Borrow, rent, or share items you use infrequently, such as extra plates and cups for parties, garden tools, and audiovisual equipment. These items often end up in storage and ultimately in the trash if they're not used frequently. Renting, sharing or borrowing will reduce the number of items produced.
- ⇒ Buy appropriately packaged products. Packaging represents about 30% of all our waste, and much of the packaging isn't even needed to protect the product. Ten cents out of every dollar we spend in the supermarket, for example, is used to pay for packaging.

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For More Info contact Agnes Zelus @ 954-4017

## A REMINDER FROM FOOD SERVICES

There have been a number of late catering requests turned into the Food Service Department. In order to ensure that all receive what they ordered and for us to schedule appropriately, the Food Service Department requires at least 10 days notice if you are planning a special event, a served luncheon, or a simple beverage service.

Catering requisition forms may be picked up at the Food Service Administrative Offices or may be mailed upon request. all requisitions need to be filled out completely with group name, type of event, contact person, budget to be charged and items requested. Incomplete requisitions are subject to final decisions made by the catering department, which may or may not meet the needs of a particular group (hence the 10 days prior request). Requisitions received with less than 10 days notice may be denied service depending upon ordering, equipment and scheduling needs. Groups requesting service are responsible for all equipment delivered. Normally, equipment will be lent to a particular group or club free of charge as long as it is returned in good condition.

Please contact our Catering Manager, Chanvanna Lim, at extension 4313 if you have any questions, concerns, or would like to use our services. We try to offer the best service possible and need your support in making every occasion one that compliments the College and its Mission.



## ATTENTION HONORS STUDENTS!

Seniors or Juniors (especially those in education) who are interested in the possibility of completing an Honors Certificate by writing a Senior Honors Thesis must contact Dr. Michele Dumont as soon as possible. Come to H327 or call (310) 954-4181. Even if you are not sure or have not taken many honors courses come by and talk about the possibility of doing a thesis.

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# ACTIVITY CENTER

## Campus Ministry News

### Faith Share:

Time change for faith sharing group: 7:00-8:00pm. Come, be nourished by the Word of God, and the presence of others! Join us every Monday, starting September 30 in the Casa.

### Christian Meditation:

Take the time to know God through silent prayer! The Christian Meditation Group led by Father Michael meets every Thursday @ 4:30 pm-5:30pm in the Casa. Everyone who wants to learn about Christian Meditation is welcome. No experience necessary.

### Evening Prayer:

Are you stressed out?? Need a 30 minute break?? If so, come and join other students for an intimate celebration through prayer and song. every Thursdy, from 6:30-7:00 pm beginning September 18, 1997 in the Chapel.

*Bon Voyage!*  
*Winter Ball '97*

*ASB and the Formals committee would like to present the first annual Winter Ball 1997 on Friday, November 14, 1997 on board the Dandean Luxury Yacht. Tickets are for \$50/ person, \$100/ couple. Only 150 guests are allowed on board the yacht so purchase your tickets as soon as possible! For ticket information please contact Narleen Narciso at ext. 4535.*

## Food Sale!

Hungry for something different?  
How about healthy, tasty Asian food?  
USA presents :  
**Vietnamese Roll em' Up Food Sale**  
**WED., Oct. 8 11-1 PM in the circle**

Come sign up for your senior portraits in the Student Affairs Office, the dates will be Oct 7 and 8

Remember your first five poses are free.

All underclassmen, your sitting fee is also free, all you have to do is show up on the 9th of Oct. at the Campus Center.

### ATTENTION ISAE STUDENTS:

Sign up NOW to attend

Governor Pete Wilson's Conference for Women.

The conference will be held October 30, 1997 at the Long Beach Convention Center from 8:00 a.m. to 5:30 p.m.

You must be able to attend the entire day's sessions to be eligible!

Food and transportation will be provided. ISAE staff will notify instructors regarding your absence upon request.

**SIGN UP SHEETS ARE POSTED IN THE ISAE OFFICE FIRST COME - FIRST SERVED BASIS \$10 refundable deposit required**



## YEARBOOK INFO!

Lauren Studios will be on campus on October 7, 8 & 9 to take formal portraits of all students. The schedule for sittings is as follows:

Tuesday 11:00a.m. - 8:30p.m. Seniors only  
Wednesday 9:00a.m. - 4:30p.m. Seniors only  
Thursday 9:00a.m. - 4:30p.m. Underclass only

Cost: Seniors will have the option of choosing from three pose packages.

5 poses -- No Charge  
10 poses -- \$7.00 plus tax  
15 poses -- \$14.00 plus tax

Underclass -- One pose only -- no charge  
Seniors must sign-up in Student Affairs, H200. Underclass no sign-up is required.

For more information, visit Student Affairs, H200 or  
call Monica Lond at (310) 954-4136.

## Career Planning Bulletin Board

Do Something New Today!

Planning on attending medical school? You might want to practice taking the MCAT for free -- sponsored by The Princeton Review. Call (310) 208-5000 to reserve a space.

Looking for a paid internship? Students are needed to assist professional consulting staff and the L.A. County Department of Public Works in facilitating household hazardous waste roundups. Duties include conducting surveys, distributing information, and answering questions from the general public. For more information visit Career Planning.

**FOR MORE INFORMATION ON INTERNSHIPS, VOLUNTEER ACTIVITIES,  
CAREER POSITIONS, AND MUCH MORE,  
STOP BY CAREER PLANNING, H200A OR CALL 310-954-4136.**





**October 17th is Mid-Semester  
Break!**

# Chalon Student News

Issue 5

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on at the Mount . . .

Founders Day Lunch . . . 11:30  
10/12/97, Campus Center

Founders Day . . . . . 2pm  
10/12/97, Mary Chapel

Forum about Columbus 7pm  
10/13/97, Circle

Commuter Meeting . . . Noon  
10/14/97, Campus Center

Alumnae Event for Students  
11:30am, 10/15/97, Circle

Celebration . . . . . 4pm  
10/15/97, Circle

Commuter Meeting . . . 2pm  
10/15/97, Campus Center



Do you have an event that you  
want here? contact  
Jason @954-4131  
or  
jtoney@msmc.la.edu

## Founder's Day

This weekend, October 11 and 12, alumnae of all years will be returning to campus for Founders Weekend. They will be celebrating the college's 72nd birthday, participating in workshops and class reunions, taking tours of the campus, and attending the outstanding alumnae awards and Mass. So don't be surprised if you run into someone from the class of '47 at the Fitness Center or in the Library. Feel free to say hello and welcome them back to campus. They may be surprised at all the changes that have taken place at the Mount since they were last here, but they surely won't be surprised at how bright, friendly and interesting MSMC students still are!

All submissions go to  
jtoney@msmc.la.edu  
or stop by  
H200,  
Student Affairs

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# Academic Arena

## WOMEN'S HISTORY

Good News! History 190: "History of Women in the Americas" will be offered for the first time in several years, *this Spring*, 1998, taught by Regina Lark. To make sure this is not cancelled, please sign up on a pre-enrollment list on the History Department bulletin board, 4th floor Hall, Humanities Building.



### GET YOUR FLU SHOTS!

FLU SHOTS  
ARE NOW  
BEING GIVEN IN  
STUDENT HEALTH  
SERVICES FOR  
\$5.00.

MAKE AN  
APPOINTMENT  
TODAY BY  
CALLING  
310-954-4110

GET  
FOUNDER-  
READY  
DAY  
FOR  
!

**Wednesday, October 15**  
is the 72nd anniversary of  
the founding of Mount St.  
Mary's College.

Come celebrate MSMC's  
birthday in the Circle at  
lunchtime.

There will be live music, cake,  
punch, raffles and more. Be  
sure to wear purple to show



# ACTIVITY CENTER

Come to  
**FRIGHT NIGHT**

MSMC's Halloween Dance

**FREE ADMISSION!!**

Dancing, Refreshments, &  
a Costume Contest with CASH prizes



**WHEN: Friday, October 24**

**9:00 pm to 1:00 am**

**WHERE: Campus Center**

Sponsored by ASB & Kappa Delta Chi

## Halloween Grams

### SHOW YOU CARE WITH HALLOWEEN GRAMS !

Buy Grams for student workers, classmates,  
teachers, friends, family, and loved ones.

Grams on sale: Monday, October 27 to  
Wednesday, October 29  
11:00 am - 1:00 pm  
Little Theater Foyer

Price: Only \$1 to show your love

## HUNGER WALK

**Sunday,  
Oct. 26th**

Join the 8th annual 5K Hunger Walk to benefit the Westside Food Bank. Raise \$25 and get a Hunger Walk T-shirt! All proceeds benefit the Westside Food Bank which provides food to 70 local social service agencies, including St. Joseph's Center.

For more information or to sign up, contact Mary or Nadya at the Campus Ministry Office ext 4125



# ISAE.

## ATTENTION STUDENTS!

The ISAE/Student Support Services Program still has a LIMITED number of openings for our program. Eligibility requirements for the program are low income students/first generation college students and/or disabled students.

The ISAE program provides additional academic advising, tutoring and counseling free of charge to members as well as the opportunity to participate in various cultural and social enrichment activities.

## FREE WORKSHOP!!!

The ISAE program is offering a workshop open to ALL students on the topic **READING AND STUDYING EFFECTIVELY**. This workshop is a **MUST** for all freshman students and anyone who wants to get a fresh start on their academics for the new year!

The workshop will be held at the Chalon campus on Tuesday, 10/14 at 5:00 pm in the Learning Center and also at the Doheney campus on Monday 10/13 at 5:00 pm in Building 7 (the Career Center).

## DIVERSITY IS THE KEY TO OUR EXISTENCE!!!

ISAE proudly presents a seminar on **DIVERSITY TRAINING** led by MSMC Alumnus, Lydia Castillo, formerly of the STAR program. The seminar will be held in the Learning Center at Chalon on October 23 from 5:00 - 6:00 p.m. **ALL STUDENTS ARE WELCOME!!!**

Sign up in the ISAE Office NOW!!

## REMINDER

**Applications for the WIN(Women's Internship Network) program are due Monday, October 13, 1997.**

**The applications can be delivered to the Doheny or Chalon campus via hand or mail delivery. If there are any remaining questions please address them to Raquel at (310)954-4350. Remember, applications must be typed and include both a resume and schedule of classes.**

# Career Planning Bulletin Board

*Do Something New Today!*

Calling all students! Interested in learning more about career opportunities for liberal arts majors? Plan to attend the Liberal Arts Alumnae Career Dinner Panel sponsored by Career Planning and Alumnae Relations, on Wednesday, October 15 starting at 5:30p.m. in Hannon Parlor.

**Come and meet the following alumnae:**

- \*An English major – former KGE0 radio reporter and KGET television anchor**
- \*A Spanish major – Working as a Regional Sales Manager for Silver Burdett Ginn Publishers**
- \*A Psychology major – now an entrepreneur**
- \*A Liberal Students/English major – currently a police officer with the LAPD**

**Space is limited. Sign-up today in Career Planning, H200A.**



# Fitness Education

## Fitness Goals

It's

lunch time and you have to attend a meeting rather than your regular fitness workout. You think it doesn't matter, because you can always exercise tomorrow. But tomorrow comes and you have too much work to do. More days go by and you haven't worked out; something keeps getting in the way. You really enjoy your exercise time and how you feel afterwards, but you just do not understand why you are not as motivated as you once were.

Any number of factors can contribute to changing fitness habits. One possibility is that you did not establish a clear direction or goal for your program. Realistic goals provide focus to an exercise program. They help you get from where you are to where you want to be.

## Set Attainable Goals

The goal setting process is the same for physical fitness as it is for personal and professional development. Attainable goals help you understand what is possible out of many available options.

Establishing goals brings into focus how your current fitness status relates to your ideal.

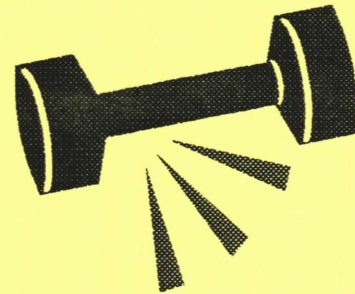


## The Long and Short Of It

Develop both long-and short-range goals. Long-range goals are more general, but not all-encompassing. They

should be achievable through a logical progression of activity. They do not need to have a time limit on achievement.

Short-range goals identify the logical steps to achieving your long-term goals. They should be very specific and realistic based on your present capabilities and should have a time limit for achievement. Short-term



goals can be used to measure your progress. Remember to include all the components of fitness, muscular strength and

endurance, and flexibility. Take a few minutes to consider your fitness goals and write them down.

## Reward Your Accomplishments

Now you need a means to keep yourself focused on what you want to accomplish. One method is to make a contract with yourself. Contracts help you establish a system of accomplishments and rewards. First, list your short-term and long-term goals. Then decide how to reward yourself for reaching each of your goals. Make the rewards special things that are important to you, i.e. buying a novel to read, going to



(Continued from page 1)

the movies, getting a sitter for the kids one afternoon, or buying something special that you have always wanted. The more you value the reward, the easier it will be to accomplish the goal. Here is one example:

*Long-range goal: To participate in a triathlon*

*Short-range goal (1): To run, bike, or swim, five days per week for two months*

*Reward: A professional sport massage*

*Short-range goal (2): To lift weights three days per week for one month*

*Reward: Purchase a pair of lifting gloves*

*Short-range goal (3): To properly stretch each day, especially before and after each exercise session for one month*

*Reward: Purchase a new pair of shorts*

### *An Ongoing Process*

Setting goals keeps you motivated to do what you should do on a regular basis. This is a very personal process. Everyone's goals will be slightly different. Your goals and rewards need to be right for you.

Remember that goal setting, like physical fitness, is an ongoing process. Each time a goal is achieved, set a new one. If you do not reach your goal within your set time frame, do not be discouraged. Reassess your status and set a new goal, either short-or long-range.

Goal setting will help you maintain a consistent fitness program for the rest of your life.



Be Healthy, Be Happy





**Do you commute? Check out the  
carpool info inside!**

# Chalon Student News

Issue 8

November 21, 1997

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Everything that's going  
on at the Mount . . .

Getting stressed  
about

**FINALS?**

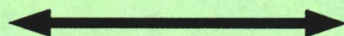
**BE ON THE LOOKOUT  
FOR THE  
PRE-FINALS**

**STRESS FREE ZONE**

**AND THE  
DURING-FINALS**

**COMFORT  
ZONE**

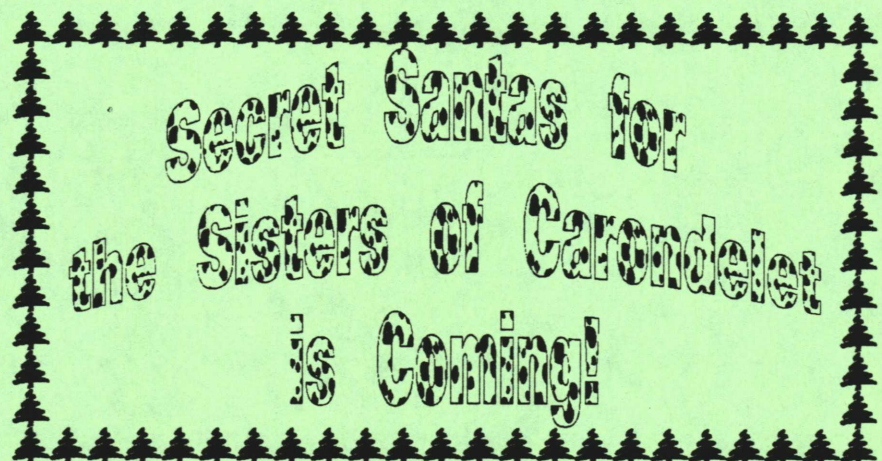
brought to you by the  
division of Student Affairs



Do you have an event that you  
want here? contact  
**Jason @954-4131**  
or  
**jtoney@msmc.la.edu**  
next deadline: **12/01/97!**

## December Grads Must Read This!

If you are planning on graduating in December of this year, you need to be sure that you have completed the graduation process. You should be receiving soon an invitation to the December Grad Breakfast. If you do not, you probably have not done everything you need to do to graduate. If you are unsure, contact the Registrar's Office (310-954-4020) or Agnes Zelus, the Assistant Vice President for Academic Affairs (310-954-4017) to find out your graduation status.



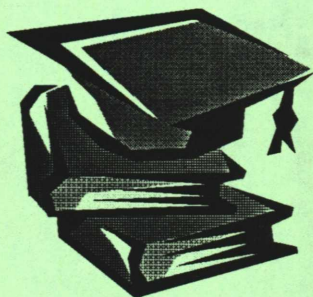
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# Academic Arena

## ATTENTION ALL STUDENTS !



The time has come to apply for financial aid for the 1998-1999 academic year. In order to start the process, you will need to complete the Aid Renewal Request Form. These were mailed to your local address the week of November 3rd. If you have not received one, please stop by the office of Student Financing. You will also need to complete a Free Application for Federal Student Aid (FAFSA). These will be available in our office after December 1st. There is only a limited number of funds available - so please apply prior to March 1, 1998.

If you have any questions, stop by the office or call us at 310-954-4190.



## ARE YOU GRADUATING DECEMBER 1998 ?

IF YOU ARE CURRENTLY A SECOND SEMESTER JUNIOR WHO IS PLANNING TO GRADUATE IN DECEMBER 1998 PLEASE SCHEDULE AN APPOINTMENT WITH THE ADVISEMENT CENTER FOR JUNIOR YEAR GRADUATION CHECK. THIS GRADUATION CHECK WILL ALLOW YOU TO PLAN YOUR FINAL SEMESTERS WITH PEACE OF MIND - YOU WILL KNOW EXACTLY WHAT COURSES YOU HAVE LEFT TO TAKE! ALL APPOINTMENTS MUST BE SCHEDULED BEFORE THE END OF THIS SEMESTER. THESE APPOINTMENTS ARE FOR DECEMBER '98 GRADUATES ONLY - NO EXCEPTIONS! TO MAKE YOUR APPOINTMENT STOP BY H203 OR CALL X 4146.



## ATTENTION ISAE STUDENTS !

If you can use all the help you can get to survive finals...come to the ISAE Test-Taking Workshops!! Learn strategies that will help you throughout your entire college career

### TACKLING ESSAY EXAMS:

November 24

5:00-6:00 pm Doherty

November 25

5:00-6:00 pm Chalon

All students are welcome to come! Sign up in the ISAE Offices. Sponsored by ISAE!!!

## Mid-Semester/STEP Notices

If you have received two or more Mid-Semester or STEP (Early Warning) Notices, you should have received a letter asking that you make an appointment to see Bernadette Robert. If you have not yet done so, please call her right away at ext 2570 to set up a time to meet with her.

## TUTOR OF THE SEMESTER COME AND VOTE!

ATTENTION STUDENTS, FACULTY AND TUTORS, VOTE FOR TUTOR OF THE SEMESTER STARTING MONDAY, NOVEMBER 24TH! BALLOTS ARE BEING DISTRIBUTED AND COLLECTED IN THE LEARNING CENTER IN HUMANITIES ROOM 207



# ACTIVITY CENTER

## Leave Your Shoes Out On St. Nicholas' Eve!



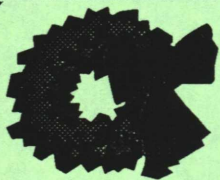
*On December 5, St. Nicholas will be coming through Brentwood leaving a gift for people who leave their shoes outside their doors. Perhaps you'd like to leave a gift for the poor in your shoes that St. Nick can take with him to his next stops...A small bottle of perfume or a new toothbrush or some clothes you'd like to share with someone.*



Sponsored by Campus Ministry

To the MOUNT COMMUNITY, we are getting close to the end of the semester and the end of 1997: Time to finish all those resolutions of helping out and contributing to your home, the earth!!! Give others the chance of giving thanks and counting down the last days of the year by donating food to them! The Feed The Homeless Project is always in need of food donations! Mount St. Mary's students feed the homeless of Santa Monica every weekend after Sunday Mass. We pick up foods on Fridays! All departments, offices, classes, staff, clubs and students are encouraged to donate! Please call us at extension 4125 to donate!!

**MANY THANKS  
TO ALL !!**



### Advent Wreath Making

**Share the spirit of the Advent Season and make an Advent Wreath!**

**WHEN: Sunday, Nov. 30**

**7:30 pm - 9:30 pm**

**WHERE: At the Lecture Hall**  
Refreshments, wreaths, and candles will be provided. The Advent Wreaths that we make will be used for decorating the campus.

Sponsored by Campus Ministry

### COME CHECK OUT WHAT'S NEW AT THE FITNESS CENTER !!!

COME AND SEE THE NEW MACHINES THAT INCLUDE TOTAL HIP, SHOULDER PRESS, ROMAN CHAIR AND MUCH MORE! OUR NEW MULTI-MEDIA WORKOUT COMPUTER PROGRAM HAS ALL YOU NEED TO CREATE AN EXERCISE ROUTINE AND DIET PLAN THAT IS JUST RIGHT FOR YOU!! IT ALLOWS YOU TO SET GOALS AND TRACK YOUR PROGRESS OR MAYBE PICKUP A NEW RECIPE TO TRY FOR DINNER. YOU WON'T REALIZE WHAT YOU'LL BE MISSING UNTIL YOU SEE FOR YOURSELF, SO COME IN AND CHECK IT OUT!!



### CALLING ALL CLUBS & ORGANIZATIONS !

The yearbook staff needs your help. Have you already taken a group picture of your club or organization? If so, please submit a copy of the photograph to Monica Lond, Yearbook Advisor, H200. Please identify all the members on the back of the photo. Help us meet our goal of including all MSMC clubs and organizations in the 1997-98 Athenian yearbook. Questions, please call 1-310-954-4136.



# Careers, Jobs, and Announcements

Do Something New Today!

## CONGRATULATIONS !



Congratulations to Professor Jeffrey Kahn for being the recipient of AAF's first annual Outstanding Business Professor for Fall 1997 Award. Prof. Kahn received the greatest number of votes in a poll conducted by AAF in Business classes. He was presented with his award at the 5th Annual Accounting Association Career Awareness Dinner Panel on Tuesday, November 18th.

## IT'S NOT TOO EARLY TO START THINKING ABOUT A SUMMER JOB!

Like working with kids? Enjoy the outdoors? Then the Iddyllwild Arts Summer Program may be for you! This is a nonprofit educational program of the Idyllwild Arts Foundation and offers courses in dance, music, theater, visual arts, creative writing and Native American students of all ages. Positions include Resident Counselor, Lifeguard, Studio Art Teaching Assistant, and others. Room, meals and small salary included. Application deadline : Mid-February.

## CAREER PLANNING IS HERE TO HELP!

December graduate looking for jobs after graduation are invited to visit Career Planning for assistance with resume and cover letter writing, job search strategy and more. Here are just a few of the recent job openings we have received:

- \*Government Contracts Analyst - The Salvation Army
  - \*Manager Trainee - Sherwin-Williams Company
  - \*Trainee/Counselor - Behavior Change Associates
  - \*Child Care Workers - McKinley Children's Center
  - \*Teacher, Grades 1 & 2 - St. Joseph the Worker School
- Stop by Career Planning, H200A for information on full-time career positions, internships, volunteer opportunities and much more!

## REMINDER !!

An Advisor Evaluation Form was included with your Registration Packet. This is your chance to let us know how we're doing! Please complete your form and turn it in at the Registrar's Office or the Advisement Center. Thanks for your feedback!

## Attention Adult Learners!!

Would you like to stay on-campus overnight during finals? M.A.S.T. (Mentoring Adult Students Together) has reserved 7 spaces in the Casa from December 7 through December 11 for commuter students. Cost is \$16 per night. Space is available on a first come, first served basis. For more information, stop by the Learning Center in H207



## TERMINATION OF RESIDENCE FOR FALL 1997

If you are terminating your residence at the end of Fall 1997, you must submit a Termination of Residence Life by December 1, 1997 in order to qualify for a refund of your \$100 housing deposit. No exceptions!

Forms are available at the Residence Life office, Brady 101.



**CAREER PLANNING SUGGESTS INTERNSHIPS DURING YOUR COLLEGE CAREER. HERE ARE JUST A FEW:**

**\*SONY PICTURES ENTERTAINMENT**

*Contract Administration*

**\*MINDEL/DONEGAN SELECTION & MANAGEMENT**

*Entertainment*

**\*CASTING STUDIOS OF AMERICA**

*Talent Casting*

# **WMC STUDENT CARPOOL PROGRAM**

Carpool to the Chalon Campus two or more times a week and you receive discounts, preferred parking, reduced parking fees and a guaranteed ride home!

## **CARPOOL PERMIT**

Every carpool will receive one carpool permit that must be displayed in the vehicle front window when carpooling and parking in reserved parking spaces.

## **RESERVED PARKING**

When you carpool, place your carpool permit in your window and you can park in a convenient reserved space on the fourth floor of the parking structure. These spaces are reserved for student car-poolers and will be monitored.

## **PARKING FEE REBATE**

Every full semester that you carpool two or more days a weeks, you will receive a \$15 rebate off the regular parking fee.

## **SAVINGS ON CAMPUS FOOD**

Registered car-poolers receive an extra \$15 added to their on-campus food service account every semester.

## **GUARANTEED RIDE HOME**

If you carpool to campus and need to leave in the event of an emergency, take a taxi and the College will reimburse you up to \$50 per ride. This service takes the worry out of carpooling. Just keep the receipts, fill out a Guaranteed Ride Home form and drop it off at Student Affairs. The college will reimburse you for a maximum of three emergency rides per semester. This service is only available to registered car-poolers.



# 1ST ANNUAL MOUNT ST. MARY'S PHYSICAL THERAPY WALK-A-THON.

All proceeds will go to the National Parkinson's Foundation.

The event will take place:

Saturday November 22, 1997.

8:00 am - 1:00 PM

Registration begins at 7:00 am on the MSMC tennis courts. Water bottles given to every participant and a grand prize will be rewarded for the person who walks the most MSMC "Loops". A \$10.00 minimum donation is requested on the day of registration or pick up a sponsor/pledge sheet in the PT office; 3rd Floor Humanities

